

What's in a cigarette?

*Cigarettes contain over 4,000 chemicals;
60 of them are known to cause cancer.*



Some of the chemicals found in cigarette smoke are also found in floor cleaner, weed killer, lighter fuel, ant poison and car exhaust fumes.

Growing up smoke-free...

If you would like more information and support
on quitting smoking
call the National Smokers' Quitline on
Callsave 1850 201 203
Monday-Sunday, 8am-10pm.

Health Promotion Department
Irish Cancer Society
43-45 Northumberland Road
Dublin 4
tel: 01 231 0500
fax: 01 231 0555
www.cancer.ie



Our workers are protected from the effects of second-hand smoke in the workplace...

What about our children in the home?

What is second-hand smoke?

Second-hand smoke is a combination of:

- **mainstream smoke** – the smoke that is inhaled and then breathed out by the smoker; and
- **sidestream smoke** – the smoke that comes from the burning end of the cigarette.

Only a small amount (15%) of smoke from a cigarette is inhaled by the smoker; the rest of it goes directly into the air.

What's all the fuss about?

Second-hand smoke increases the risk of lung cancer, heart disease and breathing problems in adults.

Children who live in a smoky home are at greater risk of the following:

- **coughing and wheezing;**
- **chest infections** (such as pneumonia and bronchitis);
- **severe asthma;**
- **middle ear infections and glue ear** (may cause partial deafness);
- **cot death;** and
- **absence from school due to ill health.**

The risk of these problems is greatly reduced as soon as the child is no longer breathing in second-hand smoke.



If you smoke when pregnant there is an increased risk of harm to the unborn baby.

- Smoking when you are pregnant increases the risk of cot death, miscarriage and other pregnancy complications.
- Smoking around an infant increases the risk of cot death.



Smoking around a pregnant woman can damage the health of the unborn baby and the mother.

Why are children who share a home with smokers at risk?

- Children are more at risk because their immune systems, which protect them from getting sick, are not fully developed.
- It is more difficult for young children to avoid or complain about second-hand smoke.

Children depend on adults to make sure their air is smoke-free.

What can I do to protect my children from second-hand smoke?

As a parent, quitting smoking is one of the most important things you can do for the health of your children.



Quitting smoking is the most important thing you can do for your own health. But if you are not ready to quit smoking, you can still protect your children from the harmful effects of second-hand smoke. Here are some tips.

- Never smoke around your children.
- Always smoke outdoors away from your children.
- Make your car smoke-free; smoke is more concentrated in a small space, which makes it more harmful.
- Make your home smoke-free. Start by making the bedrooms smoke-free, then make the family rooms (kitchen and living room) smoke-free.
- Ask your smoking visitors or family members not to smoke around the children and to smoke outdoors.
- If someone minds your children in their own home, ask them to keep it smoke-free or not to smoke around your children.